

SAMPLE MENUS

Breakfast

Scrambled egg
Cooked potatoes
Whole wheat toast*
Orange juice*
Low fat milk

Lunch

Cheese sandwich made with:
American cheese
Whole wheat bread*
Mixed green salad made with:
Iceberg lettuce, romaine
lettuce, and raw spinach*
Cantaloupe*
Low fat milk

Dinner

Chili*
Carrot Sticks
Pineapple
Cornbread*
Low fat milk

✓ Women of childbearing age should have 400 micrograms of folic acid a day. The best way to get it is to take a multivitamin supplement every day and eat a healthy diet.



Snack

Banana*
Raw cauliflower* with
fat-free dressing
Orange*
Whole wheat toast* with
peanut butter*

* High in folic acid and folate

Folic acid, the synthetic form of folate, is a B vitamin and is found in fortified foods and supplements. The term "folate" refers to the form of this vitamin found in foods and serves as an umbrella term for all forms of this vitamin including folic acid. Folic acid is better used by the body than the folate found in non-fortified foods.

FOLATE



A little *big* Makes A
Difference

Women of child-bearing age: Reduce your chance of having a baby with a birth defect of the brain or spinal cord by getting enough folate (a B vitamin) every day.

Start getting the most FOLATE out of your food!

- ♥ **Eat five or more servings of fruits and vegetables every day.**
- ♥ **Choose cereals that have folic acid added to them. Eat them for breakfast and snacks.**
- ♥ **Compare package labels of breads and cereals to make sure folic acid is added.**
- ♥ **Drink orange juice every day or several times a week.**
- ♥ **Eat dried beans or peas, like kidney, lima, or northern, several times a week. Serve them as a main dish instead of meat or add them to soups, salads and casseroles.**
- ♥ **Try peanut butter and sunflower seeds for snacks.**
- ♥ **When you cook vegetables, steam them or cook them in a small amount of water. Do not overcook them!**
- ♥ **Eat fruits and vegetables raw. Add fresh vegetables such as spinach, broccoli or romaine lettuce to tossed salads.**

